



E.C.O.S.E.P.

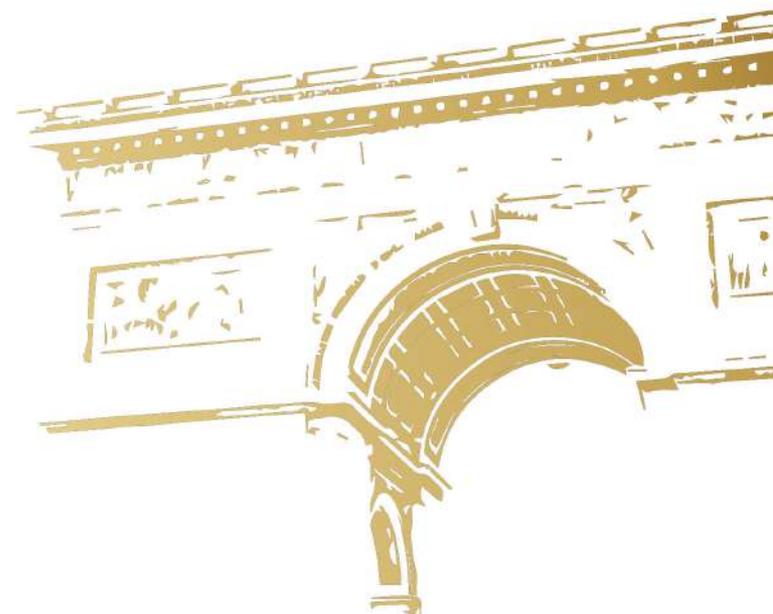


6TH CONGRESS OF ECOSEP

EUROPEAN COLLEGE OF SPORTS & EXERCISE PHYSICIANS



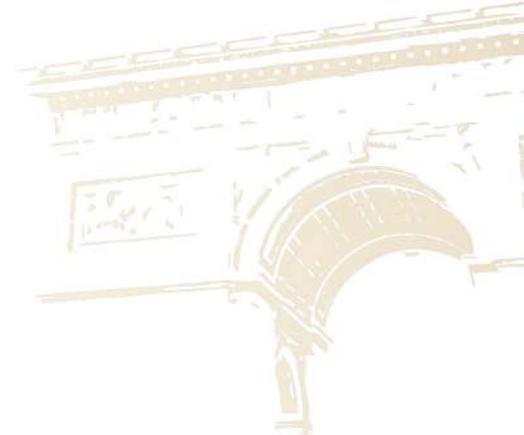
FROM
LABS TO
THE PITCH



November 30th 2019

Return-to-play after ankle sprain

Aude AGUILANIU





No conflict of interest



Grade 1 → 12 days
Grade 2 → 2-6 weeks
Grade 3 → 26 weeks

AVOID

Because

Does not reflect the clinical
symptoms

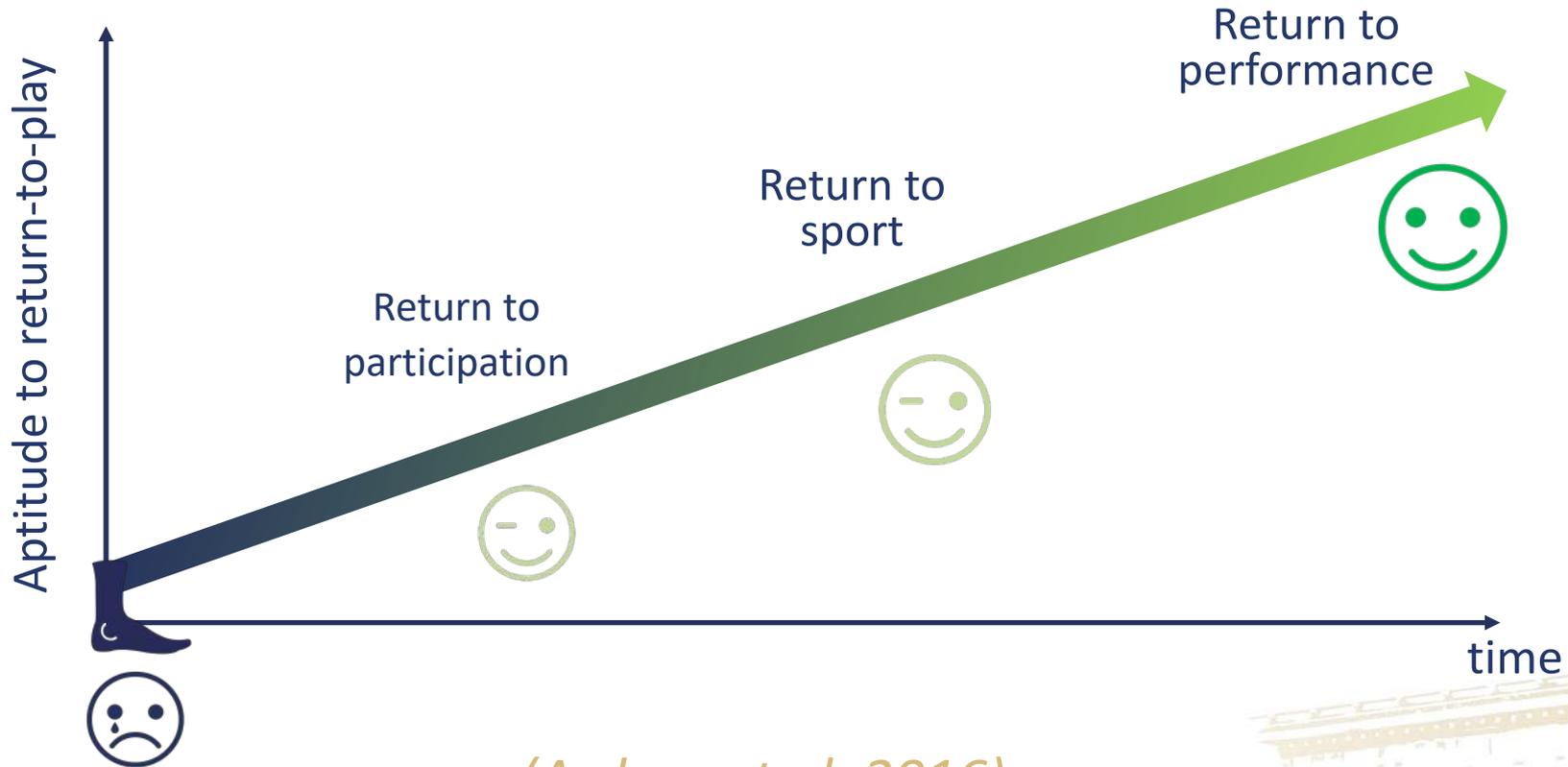
(Tassignon et al. 2019)



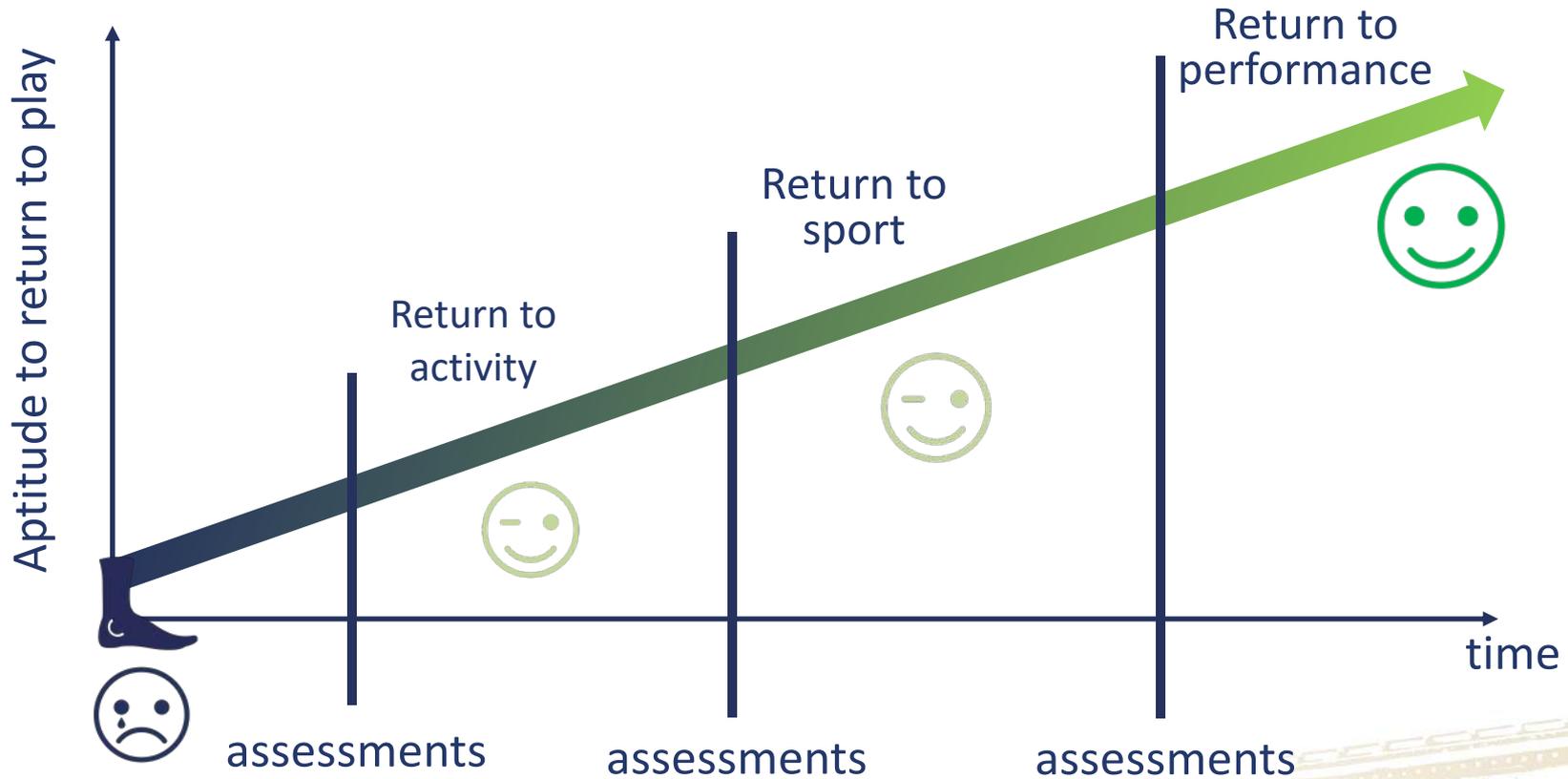
The Return-to-play :

A continuum
with 3 main phases





(Ardern et al. 2016)



(Ardern et al. 2016)

Which are the criteria we have to assess ?



No criteria consensus *(Tassignon et al. 2019)*

Lack of evidence *(Wikstrom et al. 2019)*



International Delphi study

Articles + experts



Long list of
RTP criteria



154 healthcare
stakeholders

Best RTP criteria



*(Congress IAC,
Smith et al. 2019)*

(Tassignon et al. 2019)



First conclusions for : lateral ankle sprain return-to-sport assessment

P : Pain

A : Ankle perceptions

A : Ankle impairments

S : Sensorimotor control system

S : Sport testing



*(Congress IAC,
Smith et al. 2019)*

(Tassignon et al. 2019)



Examples of assessments



Pain scale



PAASS
(Smith et al. 2019)

General
During sport activity

...

(Hawker et al., 2011)



Pain scale



Pain ok

Too much pain

During exercises
After exercises

(Sibernajel ^{•••}K et al., 2007)



Questionnaires

(French version validated)

PAASS
(Smith et al. 2019)



FAAM-ADL → 20 items
FAAM-Sport → 8 items
(Borloz et al. 2011)



CAIT → 9 items
(Geerink et al. 2019)



PAASS
(Smith et al. 2019)



Psychological readiness



I – PRRS → 6 items
(Douglas et al., 2009)



Weight Bearing Lunge Test (measurable meter)

Reliable

(Langarika-Rocafort et al., 2016)

Valid

(Hall et Docherty, 2016)

Norms : Right \neq Left < 3 cm
> 10 cm

*(Clanton et al., 2012; Delbarre Grossemy, 2008;
Hoch et McKeon, 2011)*

PAASS
(Smith et al. 2019)



Muscle strength (Hand Held Dynamometer)

PAASS
(*Smith et al. 2019*)



Reliable intratester (*Kelln et al. 2008*)

Valid (*Hall et al. 2015*)



Dynamic balance

(Picot et al. 2018) Y-Balance test

PAASS

(Smith et al. 2019)



anterior



Medial posterior



Medial lateral

Norm MP > 77.5%

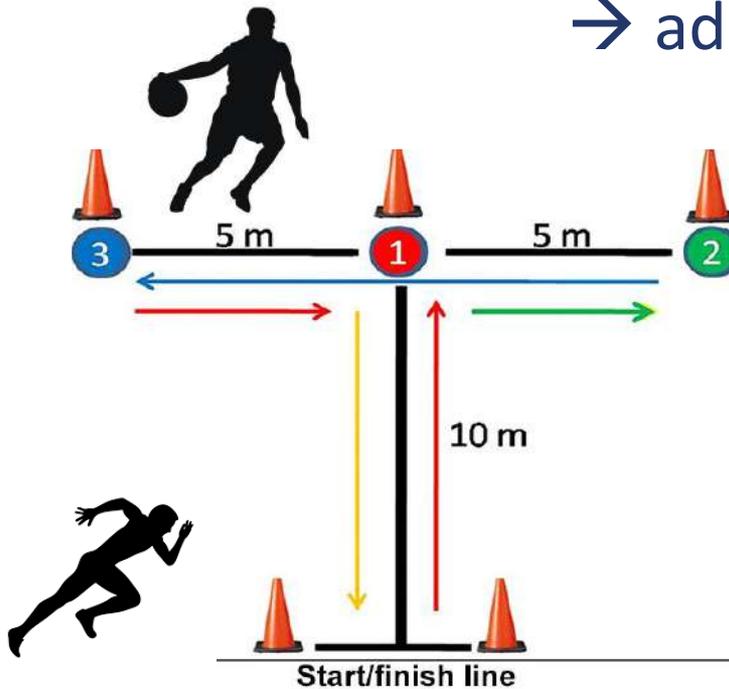
(Attenborough et al. 2017)

Think about the **sport requirements**

→ adapted tests

PAASS

(Smith et al. 2019)



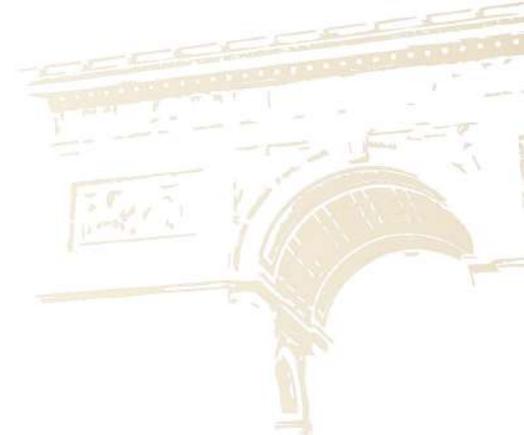
T-test agility

(Paulo et al. 2000)



Hop test

(Echaute et al. 2012)



Create norms
use **quantitative measures**



research \leftrightarrow practise



The Return-to-play is a continuum
Participation – Sport – Performance

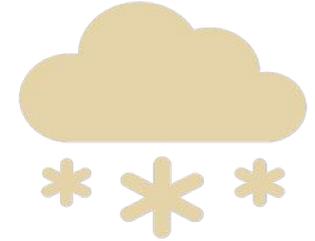
Feeling, experience, adaptation...

+

Quantitative assessments

=

Safe Decisions to RTP





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